



Amesbury Senior Community Center

68 Elm St

Amesbury, Ma 01913

978 388 8138

Fax 978 388 8144

Council on Aging

Volume 3, Issue 2

Feb. 2017

CITY OF AMESBURY COUNCIL ON AGING

Carriage Town Senior Newsletter

Director Doreen Brothers, LSW

It's an exciting time for me as I enjoy my role advocating for you through programming and services. Please continue to share your feedback with me as it relates to your Center. I have a few new programs to share. We have had a tremendous response from both you and our community partners as we expanded Coffee with the Chiefs to Breakfast with the Chiefs. We are limiting it to 60 so please sign up early. The Cookbook Club is a fun way to share and try

recipes. We have an amazing Valentines dinner planned Feb 13th with Chef Ken in the kitchen and Elvis performing. Monday 1pm exercise class is returning; please call to find out when. Bridges Together is starting this month; an opportunity for senior citizens to enjoy interacting with children at the Amesbury Elementary school through a grant-funded project. Welcome to our newest intern Robyn Vaillencourt, from UMass Lowell.



Robyn will be running a woman's health group starting in March. A big thank you to Police Officer Guilmette who has recruited some high schoolers to help shovel out 4 elders this winter. Please call Barbara Conrad at the Center if you need some help shoveling. We have a great team of staff, interns and volunteers! Please reach out with any question. If it's important to you, it's important to us!

Mayor Ken Gray

It's February which still means cold temperatures, snow and ice; However, that also means we're one month closer to Spring! This is a quiet month in town but that doesn't mean there aren't things to do.

Doreen and her team always offer plenty of great events to keep you busy and warm.

And there are plenty of restaurants in town to visit, if there's a spot you haven't tried now is a great time This year the Amesbury Chamber of Commerce is again running their "Spread the Love" campaign for Our Neighbors Table. All they ask is that you donate a jar of peanut butter! In 2014 the Chamber was able to donate 250 jars, in 2015 it was 300 jars and 700 jars in

2016. This year they're hoping to break that record.

Donations can be made either at the Chamber offices in Market Square or keep an eye out for donation boxes at local businesses. A great day to get out is Saturday, February 11th which is the Chamber's "Downtown Delights" event. Keep an eye out for specials, treats and those donation spots! The Chamber is also hosting their annual ONT Food Drive at Stop and Shop on February 4th from 10AM to 2PM. I will be there and joining me is Mayor Donna Holaday from Newburyport who made a bet with me for who would win the annual Thanksgiving Day Football Game.



This year the Amesbury Indians were victorious, so please come see us decked out in Amesbury colors. Take Care,
Ken

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**Director**

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N.E.E.T

Mary Jo Sullivan
x 556

Activities/Aide

Brandi Thompson

**Nutrition Program:
MOW Site Manager**

Jennifer
978 388 8138 x549

~~~~~

**COA Board MTG  
2/9 4:30p****FCOA Board MTG  
2/16 2pm****Special Events:**

We ask that you **RSVP 978-388-8138** for all these events listed

- **2/3 Fri 9:30am Coastal Connections Bingo**

- **2/7 Tue 11:00 am: Brown Bag pick up**

- **2/7 Tue 10:00am: Reverse Mortgages Seminar** Free, Sign up

- **2/8 Weds 9:30-11:30am Diabetes Self-Management Program:** Every Weds until March 22

- **2/15 Weds 9-3:30: Taxes** Starting the 15th, every Weds. Booking 2 ppl every 20 mins. Sign up!

- **2/8 Weds 9-3: Foot Care** \$30 call to sign up

- **2/13 Monday 4:30pm Put a Little Love in Your Heart: Heart Month Fundraiser.** Tickets \$10, Dinner & Elvis Show

- **2/14 Tues 11:00 am Hearing Clinic** Sign Up

- **2/16 Thurs, 11:15am Lunch. 12pm Birthday Party:** Thank you Merrimack Valley Health, Stop n Shop, FCOA. Entertainer-If it's your birthday month FCOA invites you to lunch.

- **2/17 Fri. 9:00am Legal Clinic** Sign up \$5 donation

- **2/24 Fri 9:00am Breakfast with the Chiefs** THANK YOU TO THE POLICE OFFICERS ASSOCIATION! Please sign up.

**Sponsored Lunches**

- **2/13 Mon 11:15am** Thank you *Merrimack Valley Health Center.*
- **2/22 Wed 11:15am** Thank you *Country Rehab. Center*

**Groups**

- **2/2 Thurs 1pm Low Vision support group.**
- **2/3 & 2/17 Men's Group:** facilitated by Joe LeBlanc – pastry & coffee sponsored by **Andyman's Bakery**
- **2/10 & 2/24 Men's Social Group:** Gathering of like minded men.
- **2/13 12pm Healthy Cookbook Club** Prepare, share, and discuss healthy recipes with Registered Dietician.
- **2/16 Thurs NAMI 7:00pm:** National Alliance on Mental illness The Family & Friends support group/ Connection Recovery. 978-872-4525 or nnea333@gmail.com

- **Bereavement Group** Starting 2/15, every Weds 10-11am

- **Tablet Support Group** Get a tablet for Christmas? Join Cyndi to learn the ins & outs of your new device. Mondays 1:00-2:00pm

**SAVE THE DATES:****Tour the Valley**

March date TBA

Dine in style and tour our local and well established assisted living and nursing facilities. Get a look at what these facilities offer, try the food, and meet the wonderful staff. Touring facilities in person is an essential part of finding the right care for you or your loved one.

**Volunteer Appreciation Dinner**

April 19th | 4:30 PM

**Time in a Bottle**

May 22nd

Cashman Elementary School Third Graders are coming to the Senior Center, to meet you! Share and discuss your favorite memories on May 22nd. The students return June 12th to deliver a special gift for you & to enjoy a game of Bingo with pizza! More details to come...



**Please note:**  
**Reservations**  
**cannot be**  
**confirmed**  
**until payment**  
**is received.**  
**For details**  
**and to sign**  
**up for one of**  
**our group**  
**tours please**  
**contact the**  
**Council on**  
**Aging in**  
**Amesbury @**  
**978-388-8138.**

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COA Board
MTG 2/9
4:30pm

Friends of the
Council on
Aging

FCOA Board
MTG 2/16
2:00pm

FCOA Officer

Ken Bosse,
President
John Jennell,
Vice President
Jackie Storti,
Treasurer
Margery Young,
Secretary
Lois Pierce,
Membership

Trips and Tours

March 16 - The Willoughby Brothers @ Venus de Milo

Featuring a blend of Irish ballads and popular classics; the six brothers from Coolboy, Co. Wicklow will be joined by the "Dublin Dancers," showcasing traditional and contemporary Irish dance. Includes lunch (Corned Beef or Baked Scrod) \$89pp payable to Best of Times.

April 11 - BINGO! @ The Inn/East Hill Farm -

Enjoy an afternoon of playing Bingo for cash prizes, 2 cards per person; includes buffet style lunch of Yankee Pot Roast or Roast Turkey Dinner. \$68pp payable to Royal Tours.

April 19 - Adam Trent @ Lantana's, Randolph, MA.

- Star of the hit Broadway show "The Illusionists" - part magic, part concert, and part standup comedy. Includes lunch of Chicken

Cordon Bleu (vegetarian option, order on sign up). \$95pp payable to Best of Times.

April 20 - BSO Open Rehearsal - All Mozart Program: Piano Concerto No. 24 in C Minor; Requiem.

10:30am performance; p/u Crossroads Plaza, Salisbury. \$50pp payable to City of Haverhill.

May 1-5 - Niagara Falls &

Toronto - Includes a journey to the Falls on a Hornblower Niagara Cruise. Visits to beautiful Queen Victoria Park, historical Niagara on the Lake, engineering marvel the Welland Shipping Canal and Fallsview Casino. Tour of cosmopolitan Toronto, including majestic Casa Loma. 5 Days/4 Nights; 8 Meals (4 Breakfasts/4 Dinners). \$499pp DbI/\$658 Sgl. Payable to Diamond Tours. \$75 deposit on sign up reserves your seat; Final payment due 02/22/17.

May 19-21 - New York City -

Includes visits to 09/11 Memorial & Museum; Ferry Ride to Liberty &

Ellis Island w/admission to Statue of Liberty. Free time to explore the city; enjoy museums, shows, sightseeing, shopping, etc. at your own pace. 3 Days/2 Nights; American Breakfast Buffet each morning. \$599pp DbI/\$879 Sgl. Payable to Best of Times. \$50 deposit on sign up confirms your reservation; Final payment due 04/07/17.

September 7-11 - Nashville & Memphis - America's Music Cities.

Featuring visits to Graceland; the famous Wildhorse Saloon; Beale St., Memphis; Country Music Hall of Fame; and Ryman Auditorium, home of the Grand Ole Opry from 1943 to 1974. 5 Days/4 Nights; 8 Meals (4 Breakfasts/4 Dinners). Includes roundtrip Airfare and transportation / Logan Airport. \$1799pp dbI/2099 sgl. \$600pp deposit due on sign up.

Broccoli and Cheese Stuffed Shells

Recipe of the Month by FCOA President, Ken Bosse

Ingredients

- 1 container (15 ounces) ricotta cheese
- 1 package (10 ounces) chopped frozen broccoli cuts, thawed and well drained
- 1 cup shredded mozzarella cheese (about 4 ounces)
- 1/3 cup grated Parmesan cheese
- 1/4 teaspoon ground black pepper
- 18 cooked jumbo shell shaped pasta, drained
- 1 jar (27 ounces) Chunky Garden Combo Italian Sauce

Directions

1. Stir the ricotta cheese, broccoli, 1/2 cup of the mozzarella cheese, Parmesan cheese and black pepper in a medium bowl. Spoon about 2 tablespoons of the cheese mixture into each shell.
2. Spread 1 cup of the sauce in a 13 x 9 x 2-inch shallow baking dish. Place the filled shells on the sauce. Pour the remaining sauce over the shells. Sprinkle with the remaining mozzarella cheese.
3. Bake at 400°F. for 25 minutes or until it's hot and bubbling.



Do you have items
you no longer want
or need? Donate
them to our
Penny Mill!

We are always happy
to take your gently
used clothing and
household items.



Council On Aging Mission Statement

*To advocate for
older adults, to
identify their
needs, to meet
their health,
economic, social
and cultural needs,
to encourage
maximum
independence and
to improve their
quality of life.*

Council on Aging Board

Gayle Yarnell-
Chairperson D.
Kliggi Thomas- Vice
Chair, Cynthia
Costello- Secretary,
Lee Ford -Treasurer,
Paul C. Rogers,
Marcia Gilmore,
Frankie Lalemand,
Sue Ballard, Teresa
Axten, Andy Gilmore

**COA BOARD
2/9**

4:30pm

**We welcome
members to join
us at our
meetings**

**FCOA BOARD
2/16
2:00 pm**

SENIOR CRIME PREVENTION TIPS BY: OFFICER TOM HANSHAW

During an emergency, one of the most important things to remember is "Dial 9-1-1" to get some help. When you dial 9-1-1, your call is transferred to the nearest emergency answering point. In Amesbury, calls are handled by the Essex County Regional Communications Center in Middleton, which is operated by the Essex County Sheriff's Department. Regardless of where you are calling from, the call taker will ask you a series of questions in order to get the proper assistance responding. Although it may seem a bit frustrating, it's important you stay on the line and provide as much information as possible. An emergency is when you need an immediate police response, are reporting

a fire or requesting an ambulance. If you are using a cell phone, please provide as much information as possible about your location. Unlike the home phones, which more and more people are dropping; your location is not automatically provided when using a cell phone.

For general information, questions or situations, other than an emergency, we ask you use the business numbers for the fire and police departments; Amesbury Fire is 978-388-1313 and Amesbury Police can be reached at 978-388-1212. The calls are still answered by the Communication Center but call takers can transfer your call or have someone return your call. Don't hesitate to call 911 if you are not sure whether the situation may or may not be an

emergency, such as a car crash or a fire alarm sounding. It's better to have emergency responders on the way and find they are not needed than to delay a response in a true emergency.

We are still working on the details for the monthly "Coffee with the Chiefs Hour," but I believe we may be evolving into a breakfast format, so watch for updates here in the newsletter. We actually began this program about twenty years ago and today, many other police agencies host similar efforts. It's an opportunity to learn more about how to fight crime and stay safe in the City.



SENATOR KATHLEEN O'CONNOR IVES

Dear friends,

February is American Heart Month and fittingly, the Massachusetts legislature recently enacted a bill which will strengthen safety for children with cardiac conditions by installing automated external defibrillators (AEDs) in schools.

For years, advocates from across the Commonwealth have pushed for this common-sense requirement to make these life-saving devices accessible in schools, especially during sporting events. I am especially grateful to Diane Pickles, a resident of Haverhill, the American Heart Association, and other local advocates who shared their personal stories

and experiences with me throughout the bill's progress in the legislature.

Senate Bill 2449, "*An Act Requiring Automated External Defibrillators in Schools*," requires each school facility in Massachusetts to provide and maintain at least one AED on site in addition to having on staff a person who is a certified AED provider. A person certified in AED use must also be present and readily available at any school-sponsored athletic event. Importantly, these providers would not be held liable for any injury or death which occurs during a good faith attempt to render emergency care.

Notably, if a school system is

unable to comply with these safety standards, the superintendent may request a hardship waiver from the Department of Elementary and Secondary Education, and the department must also make available to public schools a list of grants and other funding sources that a public school may access to facilitate the purchase of AEDs.

Sincerely,
Kathleen O'Connor Ives
State Senator
First Essex District



Healthy Cookbook Club begins at the Amesbury Senior Community Center

2nd Monday of the Month from 12:00-1:00 pm

Do you love to cook but want to test a cookbook before buying it? Are you looking for healthy new recipes but would like to try them first? Then join the Cookbook Club! **Karen DiPietro, Registered Dietitian and Certified Diabetes Educator** will facilitate this group on the second Monday of the month, starting February 13th, from 12-1 pm. Karen is passionate about cooking delicious, whole food that is heart-healthy, diabetes friendly and promotes healthy weight. She is realistic and practical about cost and number of ingredients in a recipe. She will choose the first cookbook and provide copies of recipes that will be available at the Center two weeks before the meeting. Participants are asked to prepare a recipe and bring to share at the meeting. The club is free but participants pay for the ingredients. As we share the food during the meeting, attendees will talk about what worked and what didn't, including any difficulty finding or using different ingredients. Karen will also provide food demonstrations and nutrition education. Get ready for a fun, tasty and healthy adventure!

What Should You Know About Taking RMDs?

If you haven't already started taking money out of your traditional IRA or 401(k), you generally need to start doing so when you reach 70½. But what do you know about these withdrawals, called "required minimum distributions," or RMDs? For one thing, if you don't withdraw at least the minimum by the end of the year, you could face a penalty of 50% of what you should have taken out – so don't miss this deadline. Of course, you can always take out more than the minimum, but be careful – you'll need this money to last throughout your retirement. Plus, withdrawals are taxable, so the more you take out, the higher your taxable income. You might be able to reduce your RMD-related taxes, however, by taking money directly from your IRA and contributing it to a qualified charity. Consult with your tax advisor before making this move. You worked many years to build your retirement accounts. So when it's time to tap into them, make the right moves – and do whatever it takes to maximize the benefits you get from your required minimum distributions.

This is Peter Doyle, your Edward Jones financial advisor located at 49 Main St., Amesbury, MA 01913
Member SIPC

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.




Improving Your Sleep Hygiene




According to the article published by the University of Maryland Medical Center, here are some tips for how you can improve your sleep hygiene:

1. Don't go to bed unless you are sleepy. If you are not sleepy at bedtime, then do something else.
2. If you are not asleep after 20 minutes, then get out of the bed. Find something else to do that will make you feel relaxed.
3. Begin rituals that help you relax each night before bed. (I.e. warm bath, light snack, reading.)
4. Get up at the same time every morning.
5. Get a full night's sleep on a regular basis.
6. Avoid taking naps if you can. Never take a nap after 3 p.m.
7. Keep a regular schedule time for meals, medications, chores, and other activities.
8. Don't read, write, eat, watch TV, talk on the phone, or play cards in bed.
9. Do not have any caffeine after lunch.
10. Do not have a beer, a glass of wine, or any other alcohol within six hours of your bedtime.
11. Do not have a cigarette or any other source of nicotine before bedtime.
12. Do not go to bed hungry, but don't eat a big meal near bedtime either.
13. Avoid any tough exercise within six hours of your bedtime.
14. Avoid sleeping pills, or use them cautiously.
15. Try to get rid of or deal with things that make you worry. Your bed is a place to rest, not a place to worry.
16. Make your bedroom quiet, dark, and a little bit cool.

February 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>American Heart Month</p>  <p>February is American Heart Month! Get your tickets for our Heart Month Fundraiser on the 13th or donate \$1 towards the American Heart Association & have your name displayed on a heart in our hallway!</p>		<p>1</p> <p>10:00 Watercolor 1:00 Exercise</p> 	<p>2</p> <p>8:30 Yoga Thx Maplewood 9:30 Iris Folding 10:00 Meditation 10:00 Zumba 1:00 Line dancing 1:00 Bridge 1:00 Low Vision Support</p>	<p>3</p> <p>9:00 Men's Group 9:15 Bridges Together begins at AES 9:30 Bingo with Coastal Connections 12:00 Game Time 1:00 Shopping</p>
<p>6</p> <p>9:00 Wii 10:00 Art Class 12:00 Monday Movie 1:00 Exercise 1:00 Tablet Support Group 1:00 Mah Jongg 2:00 Computer Instruction</p>	<p>7</p> <p>Brown Bag 9:00 Busy Needles 10:00 Reverse Mortgages Seminar 10:00 Health Nurse 11:00 Blankets for Kids 12:15 Bingo</p>	<p>8</p> <p>9:00-3:00 Foot Care 9:30 Diabetes Self Management Program 9:30 SHINE 10:00 Watercolor 1:00 Exercise</p>	<p>9</p> <p>8:30 Yoga Thx Maplewood 9:30 Iris Folding 10:00 Meditation 10:00 Zumba 1:00 Line dancing 1:00 Bridge 4:30 COA Board Mtg</p>	<p>10</p> <p>9:00 Men's Peer Social Group 12:00 Game Time 1:00 Shopping</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
13 10:00 Art Class 11:20 Sponsored lunch; Thx Merrimack Valley HC 12:00 Monday Movie <u>12:00 Cookbook Club</u> 1:00 Exercise 1:00 Tablet Support Group 1:00 Mah Jongg 2:00 QiGong Meditation 2:00 Computer Instruction 4:30 Heart Fundraiser	14 9:00 Busy Needles 10:00 Health Nurse 10:00 Book Club 11:00 Hearing Clinic 11:00 Blankets for Kids 12:15 Bingo 	15 <u>9:00-3:30 Taxes</u> 9:30 Diabetes Self Management Program 9:30 SHINE 10:00 Bereavement Group 10:00 Watercolor 1:00 Exercise 2:00 Tai Chi	16 8:30 Yoga Thx Maplewood 9:30 Iris Folding 10:00 Meditation 10:00 Zumba 12:00 <u>Birthday party</u> 1:00 Bridge 1:00 Line dancing 2:00 FCOA meeting 6:30 NAMI	17 9:00 Men's Group 9:00 Legal Clinic 12:00 Game Time 1:30 Shopping
20 President's Day CLOSED 	21 9:00 Busy Needles 10:00 Health Nurse 11:00 Blankets for Kids 12:15 Bingo	22 <u>9:00-3:30 Taxes</u> 9:30 Diabetes Self Management Program 9:30 SHINE 10:00 Bereavement Group 10:00 Watercolor 11:20 Sponsored lunch; Thx Country Rehab Ctr. 1:00 Exercise 2:00 Tai Chi	23 8:30 Yoga Thx Maplewood 9:30 Iris Folding 10:00 Meditation 10:00 Zumba 1:00 Bridge 1:00 Line dancing	24 <u>9:00 Breakfast with the Chiefs</u> 9:00 Men's Peer Social Group 12:00 Game Time 1:00 Shopping  Thank you to the Police Officers Association for sponsoring our Breakfast!
27 9:00 Wii 10:00 Art Class 12:00 Monday Movie 1:00 Exercise 1:00 Mah Jongg 1:00 Tablet Support Group 2:00 QiGong Meditation 2:00 Computer Instruction	28 9:00 Busy Needles 11:00 Blankets for Kids 12:15 Bingo		Unable to use the van on Fridays for Grocery Shopping at Market Basket? Stop n Shop & Vermettes are available options, Mondays through Thurs- days 8:30am-3:30pm.	*NEW CLASSES* QiGong Meditation Mondays @ 2:00pm \$5/Class Free trial class on 2/13 Tai Chi Wednesdays @ 2:00pm \$5/Class Free trial class on 2/15

February 2017

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Production Menu For February 2017				
6 Stuffed shells 2 pc Meat sauce 2 oz Cauliflower 4 oz Dinner Roll 1 pc Pudding 1 pc Parm cheese 1 pc	7 Baked Chicken 1 pc Pineapple Sauce 2 oz Asian Blend Veggies 4oz White Rice 4oz Fresh Fruit 1 pc Oat Bread 1 pc	1 Seafood Chowder 6oz Cheeseburger 1 pc Mashed Potatoes 4oz Carrots 4oz Hamburger Roll 1 pc Fresh Fruit 1 pc Ketchup and Mustard 1 pc	2 Vegetable/Cheese Frittata 1 pc Baked Sweet Potato 4 oz Mixed Veggies 4oz Cookie 1pc NG Bread 1 pc	3 Turkey A La King (30z turkey, 2oz sauce) Herbed Rice 4 oz. Green Beans 4 oz. WW bread 1 pcs Pineapple 4oz
13 Swedish Meatballs 3pc Pasta 4oz Peas 4oz Fresh Fruit 1pc WW Bread 1pc	14 SPECIAL: Baked Stuffed Chicken 4oz Mashed Sweet Potatoes 4oz Lemon Broccoli 4oz Strawberry Parfait 4oz NG Bread 1pc Cranberry Sauce 1pc	15 Italian Sausage Soup 6oz Eggplant Parm 1 pc Pasta 4oz Chef's Choice Veg 4 oz. Dinner Roll 1 pc Mandarin Oranges 1 pc Parm cheese 1 pc	16 Birthday: Beef Stew with vegetables (no potatoes in Stew) 4 oz beef, 4 oz veg Mashed Potatoes 4 oz Oat Bread 1 pc Birthday cake 1pc	17 LS Hot Dog 1 pc Pork Baked Beans 4oz Potato Chips 1pc Hot Dog Roll 1pc Pineapple 4oz Ketchup, Mustard, Relish pc
20 Washington's B-day No Meal Service	21 Chicken Drumstick 1pc BBQ Sauce 2oz Corn & Red Pepper 4oz Mashed Potatoes 4oz WW Bread 1pc Grahams 1pc	22 Vegetable Soup 6oz Burgundy with Onions & Mushrooms (3oz beef, 2 oz sauce) Pasta 4 oz Green Beans 4oz Dinner Roll 1pc Fresh Fruit (orange) 4oz	23 Turkey 3oz Gravy 2 oz Stuffing 2 oz Mixed Veggies 4 oz NG Bread 1 pc Cranberry Sauce 1 pc Gelatin 4oz	24 Breaded Fish 1pc Zucchini & Tomatoes 4oz Rsted Potatoes 4oz Oat Bread 1 pc Raisins 1pc Ketchup 1pc
27 Chicken Teriyaki 1pc White Rice 4oz Asian Blend Veggies 4oz Pineapple 4oz Honey Wheat Roll 1pc	28 Mac n'cheese 8oz Crumb topping (on side) 1oz Spinach 4oz Dinner Roll 1pc Chef's Choice Dessert Parm cheese 1pc			

Five Dimensions Of Wellness

There are 5 main aspects of wellness: physical, emotional, social, spiritual, and intellectual.



***INTELLECTUAL** **COMPUTER CLASSES**

Mondays 2-4pm
Microsoft Programs
\$15 for 1 hour individual
\$15 for 2 hour group lessons
Please sign up with fee in advance

***SPIRITUAL** **QIGONG MEDITATION-**

Free Trial Class 2/13
Weds. 2 pm \$5/Class
MEDITATION -
Thurs. 10am FREE

“If you want to control things in your life so bad, work on the mind. That’s the only thing you should be trying to control.”

~ Elizabeth Gilbert,
Eat, Pray, Love

Thank You to Brigham Health & Rehab and Home Health VNA Merrimack Valley Hospice for Sponsoring our **Animal Therapy Event** on January 20th!

***EMOTIONAL**

NAMI-

Feb. 16th 7:00PM

***SOCIAL**

IRIS FOLDING -

Thursdays 9:30am

ART W/LINDA-

Mondays 10-11:30am

WATERCOLOR-

Wednesdays 10:00am

HEALTHY COOKBOOK CLUB-

2nd Mon each month
12:00pm



Channel 12

Tuesdays 4:00pm Wednesdays 9:30am Thursday 7:30pm Saturday 9:00am

***PHYSICAL, SOCIAL**

TAI CHI-

Free Trial Class 2/15
Weds. 2 pm \$5/Class

EXERCISE CLASS -

Wed. 1pm \$3/class

YOGA - Free every Thurs.

8:30am Thank you

Maplewood

ZUMBA - Every Thurs.
10am

LINE DANCING - Every
Thurs. 1pm

Treadmill and exercise bike on site for your use.



Channel 12

Sundays 8:00am, Mondays 3:30pm Wednesdays 10:00am, Saturdays 9:00am
Watch and join Doreen Brothers. LSW, Director and Certified Personal Trainer with 2 local guests.

Choose healthy snacks and drinks during and after winter exercise!



Start with these five tips from Health.gov:

- * Jazz up plain water. Slices of citrus, sprigs of mint or basil, or even frozen berries can add color and flavor to plain water without added sugar or sodium.
- * Energize with fruits and veggies. Pack portable, easy-to-eat fruits and veggies. Snacking on fruits and veggies provides a lot of nutrients without too many calories.
- * Leave it to the label. Read food labels to help make healthier choices. Compare the nutrition labels of similar products and choose the one with the lowest sodium.
- * Feel effervescent. Plain seltzer water can add fun and texture without the added sugar or sodium. And, a bubbly water can be quite thirst-quenching!
- * Join the movement. Encourage people to take the pledge to eat healthier and voice their preference for reduced sodium in processed, prepackaged, and restaurant foods.



Looking for volunteers!

The Greenleaf Supportive Day Program is looking for volunteers to help during fundraising events.

CURRENTLY REQUESTING VOLUNTEERS !!

HELP RAISE MONEY FOR THE GREENLEAF PROGRAM!

For more information please call:

Katrina Rioux,
Program
Coordinator/
Community
Relations
(978) 388-8138
x 545

Free Trial Day



The Greenleaf Supportive/Social Day Program offers each participant socialization and meaningful recreational activities as well as supervision, nutrition and support services in a community-based setting. their family and attend to their own well being.

Greenleaf Supportive Social Day Program

Respite for your Family Tree

Greenleaf Supportive Day Program is located within the Amesbury Senior Community Center.

Monday - Friday 9:00am - 3:00pm

Lunch is served at 11:15am

For more information please call

Vanessa R. Kahrman 978-388-8138 x544

Greenleaf is contracted with Elder Services of the Merrimack Valley.

Payment options are available if you are a client of ESMV or are eligible for MassHealth.



Greenleaf Caregiver Support Activities

2/13 4:30pm Heart Month Fundraiser: Elvis & Dinner

**Caregiver Support Group cancelled due to low attendance*

Please contact Katrina for Support Groups in the area

Greenleaf Caregiver Support. This program is **FREE to all** and provides fun, recreational and social activities to anyone who has an interest.

The purpose for caregiver support is to provide caregivers with the resources needed to manage the stress associated with caring for a loved one

All Greenleaf Caregiver Support Events are now open to the public!

Check out our monthly newsletters for events!

RSVP at (978) 388-8138.

WHAT DOES GREENLEAF CAREGIVER SUPPORT OFFER?

- Case Management
- Caregiver Support Groups
- Tele Check-In Program
- Friendly Visitor Program
- After Greenleaf
- Entertainment

FOR MORE INFORMATION

Please call Katrina Rioux at 978-388-8138 x545

Vanessa Kahrman at 978-388-8138 x544

Upcoming Events:

Tour the Valley

Visit local Assisted Living & Nursing Facilities.

Enjoy dinner & tour.

March date TBA

**THANK YOU
BRIGHAM HEALTH
& REHAB CENTER
AND HOME HEALTH
VNA MERRIMACK
VALLEY HOSPICE for
sponsoring our first ever
Animal Therapy Event
on January 20th**



Pictured above: Molyda, Carolyn, Courtney, Sandra, and Peg with Piglet Delilah from Animal Craze Traveling Farm.





"If you Don't Plan Your Estate, The State will plan it for you."

Margot G. Birke, Attorney at Law

Named Massachusetts NAELA Chapter Member of the year.
One Harris Street, Newburyport www.elderlaw-solutions.com



**Elder
Law
Solutions**

**MERRIMACK
VALLEY**

HEALTH CENTER

**A Skilled Nursing and
Rehabilitation Center**

22 Maple St.,
Amesbury, MA 01913

978-388-4682

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